

Pasadena Senior Center In-Person Course Descriptions

ART

Design, Market Art: Stained Glass

Learn how to cut glass, pattern preparation, foiling, soldering in order to complete a stained-glass project. Students will receive help with designs, produce beautiful creations and be given individual guidance to reach personal goals. Discuss opportunities for marketing and sale of completed projects.

Kay Edelblute: Instructor

BNS-903-901 – Mondays, 10/3-12/5/22 from 12:30- 3:30 p.m.

DPAO: One-Stroke Painting

Explore one-stroke painting. This class is perfect for beginners and experienced students. Learn basic strokes like flat stroke, U-strokes, Daisy strokes, bud strokes, tear drop stroke, easy petal strokes, shell strokes/wiggle strokes, leaf strokes as well as learning about the supplies needed. Discuss opportunities for marketing and sale of completed projects. Supplies needed for class will be discussed at the first session. It is recommended that students wait to purchase supplies. Attendance at the first session is highly recommended.

Kay Edelblute: Instructor

CRE-912-909 – Tuesdays, 10/4-12/13/22 from 1:00- 3:00 p.m.

Design, Market Art Objects Ceramic 2

Enjoy creating ceramics pieces to give as gifts, keep for yourself or sell to others. Leave the firing and glazing to us! Take finished works home.

Anne Kancherla: Instructor

BNS-907-903 – Mondays, 10/3-12/5/22 from 9:00 a.m.- 12:00 p.m.

Design, Marketing & Art of Woodcarving

WOOD CARVING BASICS, FOR NOVICE TO INTERMEDIATE CARVERS

The purpose of this class is to develop the skills of wood carvers from the novice to intermediate levels. While this class offers a single project to be completed over each semester, other carving styles will be discussed. In this class, only hand tools (knives & gouges) are used and since carving tools are *extremely* sharp, safety will be emphasized. Tool sharpening & selection, painting, and pyrography will also be covered. In lieu of the semester project, students may work on their own projects with instructor assistance (as time allows). Students will identify art venues and determine sales potential.

John Richardson: Instructor

BNS 908-902 – Thursdays, 10/6-12/15/22 from 1:15- 3:45 p.m.

CONVERSATIONAL SIGN LANGUAGE

Pasadena Senior Center In-Person Course Descriptions

Conversational Sign Language

This course is a brief introduction to the history of American Sign Language and the establishment of Gallaudet. Course will introduce commonly used hand formations, manual alphabet, fingerspelling, with basic everyday survival and emergency vocabulary.

Peggy Bruce: Instructor

SLG-900-902 – Thursdays, 10/6-12/15/22 from 9:30- 11:00 a.m. (No class 11/24)

FITNESS

CARDIOVASCULAR CONDITIONING

Cardiovascular Conditioning- Aerobic Dance

Come try this fun dance fitness class for a whole-body workout for your health, heart and mind. The fitness class will start slowly and gradually progress. Dance steps and movements will be taught and cued throughout the class. The class includes warm-up dances, several aerobic dances, a cool-down, weights and floor/chair stretches, followed by a recovery heart rate. This is a fitness class for the non-dancer where students work at their own level. The main idea is to have fun. Students must be able to stand, walk, move side to side, and get up and down off the floor on their own or with the assistance of a chair.

Dottie Conway: Instructor

HTH 943 904 – Wednesdays, 10/5-12/7/22 from 11:30 a.m.- 12:30 p.m.

ADAPTED FITNESS

Adapted Physical Education II- Chair/Mat Yoga

This class is based on gentle movements and poses of Hatha Yoga. Poses will be done from the chair and using the chair for balance, flexibility and improving function in daily life. Modifications will be shown as well as technique for each pose. All classes end with Meditation. Suggested Equipment: resistance bands (a towel or neck tie can be used instead)

Mary Krause: Instructor

HTH-939-915 – Monday, 10/3-12/05/22 from 9:30- 10:30 a.m.

Integrated Strength/Flex II- Chair Yoga

This class will be taught from the seated position primarily with variations given for those who wish to practice some activities standing with the balance assistance of the chair. Final relaxations may be practiced seated or lying down if appropriate. General order is gentle warm ups, strengthening yoga variations, breathing exercises, and relaxation/meditation.

Sandra Nicht: Instructor

HTH-947-926 – Fridays, 10/7-12/23/22 from 1:30- 2:30 p.m.

Adapted Physical Education II-Chair Exercise

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This class begins with slow stretching and balance exercises set to music. Louise then proceeds to warm you up with each song getting progressively faster. From there she will take you into an aerobic zone getting your heart raised and having fun in the process! Following this, you will do some strength training exercises utilizing the dumbbells. Louise may also incorporate the Koogle balls, boxes, beach balls, hoopla hoops, and the squeeze pills. All levels of fitness are welcome, but you must be able to move forward and back and side to side sitting position and some chair dancing... Prepare to laugh and have lots of fun!

Louise Mulvey: Instructor

HTH-939-921 – Fridays, 10/7-12/23/22 from 10:00- 11:00 a.m.

FUNCTIONAL CONDITIONING

Functional Conditioning 3- Aerobics/ Strength

This class is for all levels. It incorporates easy to follow aerobic moves and functional strength training with the use of light weights. This class helps cardio conditioning, posture, balance, full body strength for daily activities and endurance! Wear light clothing and get ready to have fun.

Mary Krause: Instructor

HTH-945-916 – Mondays, 10/3-12/5/22 from 8:30- 9:30 a.m.

Functional Conditioning 3- Aerobic Dance and Strength

This is a fun class to get your body moving! Class includes dynamic warm-up, Aerobic moves to fun music, exercises with hand weights, and cool-down and stretch.

Tena Rooks: Instructor

HTH-945-919 – Wednesdays, 10/5-12/7/22 from 8:30- 9:30 a.m.

LINE DANCE

HLOA: Beginner Line Dance

If you have experience in line dancing and would like a challenge, this is the class for you! It is geared toward the intermediate level and includes new dances.

Katie McVitty: Instructor

HTH-904-909 – Mondays, 10/3-12/5/22 from 11:30 a.m.- 1:00 p.m.

Intermediate Line Dance

If you have experience in line dancing and would like a challenge, this is the class for you! It is geared toward the intermediate level and includes new dances.

Sarah Jose: Instructor

HTH-904-906 – Tuesdays, 10/4-12/13/22 from 9:30- 11:00 a.m.

YOGA

Integrative Strength/ Flex II- Mat Yoga

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Come join this mat yoga class suitable for everyone, including beginners. No yoga experience is needed. In this class you will work on posture, alignment, weight bearing exercises, balance, and body awareness. You will leave feeling strong, centered, and peaceful. There is a focus on breathing practices to induce a more relaxed state in body, mind and spirit.

Nina Benoit: Instructor

HTH-947-906 – Tuesdays, 10/4-12/13/22 from 11:00 a.m.- 12:00 p.m.

Integrative Strength/ Flex II- Mat Yoga

Come join this mat yoga class suitable for everyone, including beginners. No yoga experience is needed. In this class you will work on posture, alignment, weight bearing exercises, balance, and body awareness. You will leave feeling strong, centered, and peaceful. There is a focus on breathing practices to induce a more relaxed state in body, mind and spirit.

Nina Benoit: Instructor

HTH-947-907 – Fridays, 10/7-12/23/22 from 11:00 a.m.- 12:00 p.m.

Integrated Strength/Flex II- Mat Yoga

This class begins with a joint rotation warm-up from the Shadow Yoga School (to reduce held tension in the muscles which can reduce flexibility) before progressing to variations of the classical sun salutations to generate heat and build strength and endurance in the entire body. Standing work may include traditional asanas like Triangle or Tree before practicing seated postures and core strengthening work like Seated Forward bends and Boat Pose variations, finishing with guided meditation or breath centered relaxation. Suggested Equipment: a folded blanket may be handy for some activities

Sandra Nicht: Instructor

HTH-947-927 – Fridays, 10/7-12/23/22 from 2:30- 3:30 p.m.

Adapted Physical Education II: Chair Yoga

Come experience the many benefits of a yoga practice. In this chair yoga class students will learn the classic yoga poses (asanas) and how these poses can be both functional and practical to one's daily life. Along with the support of a chair, students will use yoga blocks and yoga straps to assist in creating proper alignment in each pose. Both standing and sitting poses will be taught. Students will gain strength, flexibility, enhance balance and gain a greater sense of well-being.

This class is suitable for everyone regardless of one's fitness level, as all poses can be modified.

Terri Hogue: Instructor

HTH-939-912 – Wednesdays, 10/5/22-12/7/22 from 9:30- 10:30 a.m.

HTH-939-913 – Fridays, 10/7/22-12/23/22 from 9:00- 10:00 a.m.

TAI CHI/ BALANCE

Functional Mobility & Balance I- Tai Chi for Health and Wellness

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The health benefits of tai chi are well documented in many medical studies. It helps to control blood pressure, improves balance, focus, strength, flexibility, endurance, and bone density. It also boosts the immune system and has anti-aging benefits. If you have been curious about this ancient art of slow, mindful movement, this is an excellent opportunity to experience it for yourself. Movements can be modified for every fitness level. Those with no experience will learn strong foundation skills. Those who already have experience will refine their understanding. No special equipment is needed, and you can just wear loose, comfortable clothes (athletic pants and a t-shirt work great). The movements are all done standing, but the individual can modify many to be done seated if needed.

Billy Greer: Instructor

HTH-928-906 – Thursdays, 10/6-12/15/22 from 9:45- 10:45 a.m.

PHOTOGRAPHY

Intermediate Digital Photography

Examine the technical aspects of digital photography at the intermediate level. Familiarity with camera controls is suggested. Explore the use of depth of field and different types of light and color balance in portraits to enhance photography. Increase basic skills to advance knowledge of techniques to improve photography.

Robert Hendry: Instructor

PHO-920-902 – Wednesdays, 10/5-12/7/22 from 1:00- 3:00 p.m.

WORLD LANGUAGE

Beginning Spanish

Provide the adult student with a practical application of the Spanish language and acquire an appreciation of its culture and traditions through reading and writing assignments and in class discussion. Vocabulary building and light conversation in a casual atmosphere will be stressed. Textbooks: *Practice Makes Perfect BASIC SPANISH 2nd Edition*, by Gilda Nissenberg; *Easy Spanish Reader*, any edition by William T. Tardy.

Carol Orme: Instructor

LGE-967-903 – Tuesdays, 10/4-12/20/22 from 9:00- 11:00 a.m.

Intermediate Spanish

Provide the adult student with a practical application of the Spanish language and acquire an appreciation of its culture and traditions through reading and writing assignments and in class discussion. Vocabulary building and conversation in a casual atmosphere will be stressed. Textbooks: *Practice Makes Perfect: Complete Spanish All-in-One, Premium Second Edition*, by Gilda Nissenberg; *Easy Spanish Reader*, any edition by William T. Tardy.

Carol Orme: Instructor

LGE-969-902 – Tuesdays, 10/4-12/20/2022 from 12:00- 2:00 p.m.